

Sports Court

Effective Sept. 1st 2016

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Open Gym 5:30am- 6:00pm	Open Gym 5:30am- 9:00pm	Open Gym 5:30am- 4:00pm	Open Gym 5:30am- 6:00pm	Open Gym 5:30am- 5:00pm	Open Gym 8:00am- 8:50am	Open Gym 10am - 12pm 4:30-6pm
Pickup BB 6pm-9pm		Youth \$ Gymnastics 4:00-4:55pm 5:00-5:55pm	Pickup BB 6pm-9pm	Pickup Volleyball 5:00pm- 6:45pm	MPHOA Basketball Skills 9am- 11:15am	Family Volleyball 12pm-2pm
		Pick BB 6pm-9pm			Open Gym 11:30am- 6pm	Soccer Shots\$ <u>Premier 2-</u> <u>2:45pm</u> <u>Classic</u> 3-3:35pm

Open Gym: The space maybe used for multiple activities at a time. The space is first come first serve.

Pickup Basketball: Full court pick up games for those looking to enjoy the sport.

Pickup Volleyball: Full court pick up games for those looking to enjoy the sport. Please note that net will not be place up until requested.

Family Volleyball & Lowered Hoop Basketball: Please no slam dunking or hanging on the net when lowered. No competitive play on lowered hoop, please.

Soccer Shots-Soccer Shots is not a league: they are 30-45 minute classes that uses a creative, age appropriate curriculum to introduce basic soccer skills to kids ages 2-8. Soccer Shots coaches are energetic and enthusiastic teachers who love working with children.

Youth Gymnastics- Classes build strength, flexibility, coordination, and bodily awareness in a fun and playful environment. Each class will focus on flexibility, balance, and tumbling skills and include stretches, skill building activities, and games. Please see flyer for more information and cost of program.

Please contact Fitness Director at danielleb@mtparkhoa.com with questions, concerns or inquires.

